



Wellbeing Wheel instructions

One of the best ways to start thinking about how you are and to ground yourself is to stop and write things down. As a start try a bit of thoughtful colouring in on a Wellbeing Wheel.

Look at the wheel (make sure you have the right age range; we offer Under 18s and 18 and over).

Focus on one subject, for example, let's look at Physical Health. Underneath the wheel you will see some examples of what you could think about. Physical wellbeing includes eating well, exercising, and quality sleep. You can consider other aspects too that suit you.

Now, on a scale of 1-10 (where 10 is the best you can be), choose a number on the scale where you think you are, and fill in the physical part of the wheel. So, if you think you are 5 fill in 1, 2, 3, 4 and 5, and this would mean you think there is more you can do.

So, what could you do to improve that score? Maybe, you decide to walk the dog more often. So, you need to go to the habit tracker and write "Walk the dog" on the first line. If you are really keen you might say this will be every day. As the next month unfolds put a cross next to each day you walk the dog and then you will have a record of how you did. You can cross reference when you had good and bad days in how you are feeling, and you might find that a good day followed a streak of days where you walked the dog.

Repeat this process for each section of the wheel.

After a month go back to the wheel and, using different colours, review how you are feeling now. If scores are going up, then give yourself a pat on the back and keep on doing what is working or change your goals to make even more improvements.

If things are not improving, you can visit our website [Home | IOW Youth Trust](#) or pop into the Youth Hub on Pyle Street, Newport and see what other resources and services might support your wellbeing.